

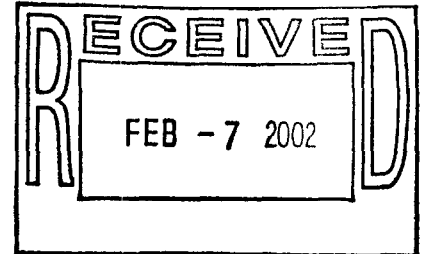
1824 South Robertson Blvd.
Los Angeles, CA 90035-4317
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Fax Numbers
Orders 800/890-8955
General 310/204-2520
Administrative 310/204-5132

January 11, 2002

SECTION 403 (r) (6) NOTIFICATION

Office of Special Nutritionals (HFS-810)
Center for Food Safety and Applied Nutrition
Food and Drug Administration
200 C St. SW
Washington, DC 20204



Dear Sir or Madam:

In accordance with the requirement of Section 403 (r)(6) of the Federal Food, Drug and Cosmetic Act, and Rule CFR 101.93, we hereby notify FDA that Jarrow Formulas' Midlife Ease™ product bears the following statements:

1. Jarrow Formulas, Inc., 1824 S. Robertson Blvd., Los Angeles, CA 90035-4317
www.jarrow.com

2. Statements:

Provides support during midlife transition.

Hormonal changes associated with normal aging can lead to many metabolic changes in women. Midlife Ease™ provides nature's own phytoestrogens, plus blood, liver and kidney tonic herbs, to promote well being during your midlife transition.

- Encourages hormonal balance with isoflavones from soy (non-GMO), red clover, and other herbs such as Don Quai, Black Cohosh, Chaste-tree fruit (Vitex) and licorice
- Phytoestrogens are beneficial to bone health and cardiovascular function
- Valerian encourages relaxation
- Chai Hu and licorice support liver function, and Wu Wei Zi tonifies kidney, thereby supporting the body's metabolic functions
- Siberian ginseng (Ci Wu Jia), a tonic herb, enhances vigor and helps manage stress

Warning: Women who have, or are at risk for hormone related cancers should not take products with hormonal activities.

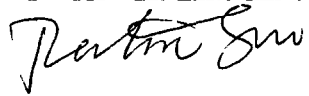
3. Disclaimer: These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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I certify that the information contained in the notice is complete and accurate, and that Jarrow Formulas has substantiation that the statement is truthful and not misleading.

Sincerely

A handwritten signature in cursive script, appearing to read "Peilin Guo".

Peilin Guo, MS, RD
Dir. Functional Foods Program

A handwritten signature in cursive script, appearing to read "Sid".